

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

FRIDAY, OCTOBER 9, 2020



Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!

TELEBRIEFING SCHEDULE UPDATE:

Our telebriefings will now take place every second and fourth Thursday of the month.

Make sure you join us Thursday, October 22 from 10 - 11 AM for another online forum and Q&A. To submit your questions in advance, [click here](#).

Special Thanks to our October 8th Telebriefing Guest:



Stephanie Kiesel
CEO of Zero8Hundred
Military Transition Support
San Diego

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – [Click here](#)

In Case You Missed It...



Zero8Hundred is a resource referral program dedicated to working with transitioning service members, recent veterans, and their spouses.

The mission of Zero8Hundred is to ease the transition from the military to civilian life for Active Duty Service Members, Reservists, National Guard & their spouses by connecting them to the resources specifically suited to help meet their goals for joining the southern California civilian workforce and community. This organization provides personalized, early intervention partnerships that identify and connect transitioning military service members and spouses to available services through resource specialists. Peer counselors work with transitioning military members and veterans to provide skills and resources in employment, education, basic needs, health and wellness, and social/community connections. To learn more about Zero8Hundred and enroll for their services, visit www.zero8hundred.org/enroll.

Events and Announcements

Courage to Call is hosting another drive-thru feeding event at 10 a.m. on Saturday, Oct 10 at the 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID. To volunteer for this event, please e-mail couragetocall@mhsinc.org.

SDVC Monthly Meeting active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, Nov 6. For details, visit sdvetscoalition.org.

VetCTAP Golf Tournament will be held on at 8:00 a.m. on Friday, Oct 30 at the Marine Memorial Golf Course located at 18415 Mainside, Camp Pendleton North, 92055. All proceeds will benefit VetCTAP. For details, visit <https://www.vetctap.org/golf-tournament.html>

New State Metric Focuses on Health Equity

On October 6, the state introduced a new set of guidelines intended to measure the impact the novel coronavirus is having on the county's most disadvantaged communities. The new health equity metric is in addition to the case rate and positivity rate metrics and will be used to determine which tier of the state's Blueprint for a Safer Economy the county is in.

The metric will only be used to help a county move to a less restrictive tier and allow the opening of further sectors of the economy, not to move backwards to more restrictive tiers. It will help the County better identify where it should expand outreach, offer testing and invest in resources in an effort to lower infection rates, hospitalizations and reduce the number of deaths.

Under the state monitoring metrics, San Diego County remains in Tier 2, also referred to as the Red Tier. The California Department of Public Health will assess counties on a weekly basis, with the next report scheduled for Tuesday, Oct. 13.

To read the full *County News Center* story, [click here](#). To learn more information about COVID-19 and the County's detailed data summaries, [click here](#).

FAQ's: Remember to Get Your Flu Shots!

Q: Why should I get the flu shot?

A: It reduces the chances of getting the flu or severity of complications. There is a well-documented risk of flu in vulnerable populations: residents and employees at long-term care facilities, elderly, and those with underlying conditions. The CDC recommends everyone over the age of 2 get an annual flu vaccine.

Q: Does the flu shot protect me if I was exposed to COVID-19?

A: Higher seasonal flu vaccination rates in the elderly (65+) are correlated with fewer deaths from COVID-19. In addition to getting the flu shot, following physical distancing guidelines and wearing a facemask can help reduce exposure to COVID-19 and the seasonal flu.

Q: Where can I get my flu shot?

A: Use the [VA Facility Locator](#) to find information on hours and locations for your local VAMC and find an in-network retail pharmacy or urgent care facility.

To read more FAQ's about flu shots, [click here](#). To learn more about the 2020-21 flu season, [click here](#).



County Halloween Guidance & Activities



The County of San Diego is offering guidance to minimize the spread of COVID-19 and ensure the community has a fun, safe Halloween! Here are some safer, alternative ways to participate in Halloween:

- Online parties/contests (e.g., costume or pumpkin carving) and drive-through events and car parades.
- Dressing up homes and yards with Halloween-themed decorations.
- Halloween movie nights with your own household or at drive-in theaters.
- Pumpkin patches where people use hand sanitizer and maintain 6-feet of distance from others.
- Make fall recipes and crafts as a family for creative dinners and spooky decorations.
- Participate in drive-through events or contests where individuals dress up or decorate their vehicles and receive scores from “judges” that are maintaining appropriate physical distance.
- Visit pick-your-own fruit/vegetable operations that follow California Department of Food and Agriculture guidelines.
- Participate in one-way trick-or-treating, where individually wrapped goodie bags are lined up for families to grab while continuing to social distance (such as at the end of a driveway or at the edge of a yard).
- Consider distributing treats other than candy, which parents can then sanitize before giving to kids: stickers in cellophane packaging, pencils, mini pumpkins, erasers, etc.

To view the County of San Diego's full Halloween Guidance recommendations, [click here](#). For questions or concerns about staying safe during the 2020 Halloween holiday, please contact SafeReopeningComplianceTeam@sdcounty.ca.gov.

Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit www.courage2call.org, or call 1-877-698-7838, or 2-1-1

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

Continue to Stay Informed



[County Coronavirus Website](#)



[Resources & Materials](#)



[Resources for Military, Veteran's & their Families](#)



[Testing Information](#)

